

# SELF-DEFENSE FOR OLDER ADULTS

*Ages 50 and Up*

Are you looking to learn tactics and strategies to keep you safe as you maneuver the world? Check out ways to practice smarter self-defense with Integrity Martial Arts! This program is designed for physically capable adults 50 and older who want a better way to stay safe. Maybe you worry about being home at night, getting safely to your car or leaving work after dark. As we age, our bodies change and new assets emerge. You need the right tactics, mindsets and skills for who you are now. This class will cover the physical skills, mental skills and psychological knowledge needed to keep yourself safer. Topics will include how to talk your way out of most fights, what causes most violence, identifying the needs of an opponent and how that affects your defense and how to avert or avoid problems. It will also cover the tactics needed when all of the above fails and you find yourself in imminent danger. Participants must wear a mask, comfortable clothes and sneakers and bring a water bottle. Please note that in addition to registering, you must complete the Integrity Martial Arts waiver at [www.smarterselfdefense.com](http://www.smarterselfdefense.com). Due to COVID-19, several new policies are required of all participants and their families. See page 2 for details. **Limit: 12.**

**Date:** Thursday, November 12, 2020      **Time:** 6:00 - 7:30 PM

**Fee:** FREE!

**Activity Number:** 3605.1216.102

**Location:** Integrity Martial Arts Studio, 585 Hazard Ave.

**- Online Registration Begins -**

**Residents:** Friday, October 16 at 8:00 AM

**Non-Residents:** Friday, October 23 at 8:00 AM

*If you wish to register in person, please call the office at  
860.253.6420 to set up an appointment, M-F, 8AM - 4PM.*



Enfield Recreation | 19 North Main Street  
860.253.6420 | [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)

**SELF  
DEFENSE**

## **PROGRAM POLICIES RELATED TO COVID-19**

- **If you or anyone in your household does not feel well for ANY REASON, please do not attend the program.**
- Please notify us if you or someone in your household tests positive for COVID-19 on the day of the program or in the 14 days immediately following the program.
- Please do not arrive more than 10 minutes prior to the start of the program.
- Masks **MUST** be worn by participants at all times during the program.
- Sign in and out will be held in the lobby of the Integrity Martial Arts Studio. Sign in and out will be contactless and conducted verbally. Masks **MUST** be worn during sign in and out. Only participants will be allowed in the building - no children or other family members will be allowed inside. When signing in and out, please maintain social distance between yourself and others.
- Upon arrival, a visual and verbal health screening will be conducted by program staff.
- Hand sanitizer and restrooms will be available for participants to use during the program. Hands must be sanitized/washed after signing in, after using the restroom and as needed.
- Peer-to-peer and instructor-to-peer contact will not be allowed at any time during the program.
- Equipment will not be shared to the best extent possible. Used equipment will be sanitized before and after the program and during the program as needed.
- Personal items will not be shared during the program.
- Participants must follow all staff directions to keep socially distanced throughout the program.
- Participants should bring all of their belongings with them when they leave - any items left behind will be discarded.
- **Policies are subject to change based on new local, State or Federal regulations. We will communicate any changes via email.**